

#### ABSTRACT OF THE DISCLOSURE

A heating element for an electric appliance for heating or cooking foods. The heating element is composed of: a tubular metal envelope; and a resistance wire encased in an insulator disposed at the interior of the tubular envelope. The wire is composed of nickel and iron as the two principal elements, and has a temperature coefficient  $\alpha$  greater than 1500 ppm/°C. The wire may be wound in a spiral and the outer diameter of the spiral is greater than 0.7 times the inner diameter of the tubular envelope.